

RAKUEN TRANSLATIONS

STATUS: ONGOING
TYPE: WEBCOMIC
URASUNDAY

1 Danberu nan kiro moteru?

AUTHOR: SANDROVICH YABAKO
ARTIST: MAAM
2016

てる
る?
?

辛向

URA SUNDAY
COMICS
SANDROVICH YABAKO
& MAAM PRESENTS

TRANSLATOR: /A/NONYMOUS TYPESETTER: PAPO41 CLEANER: PAPO41
PROOFREADER: /A/NONYMOUS RAWS: /A/NONYMOUS REDRAWER: PAPO41

CHAPTER 30 - SIDE BENDS



THAT WAS A
RATHER
EMPHATIC.

110
11

NO
WAY IN
HELL.



IS IT
POSSIBLE
THAT SHE
GOT A BOY-
FRIEND?



3
何キル
何キル持てる?





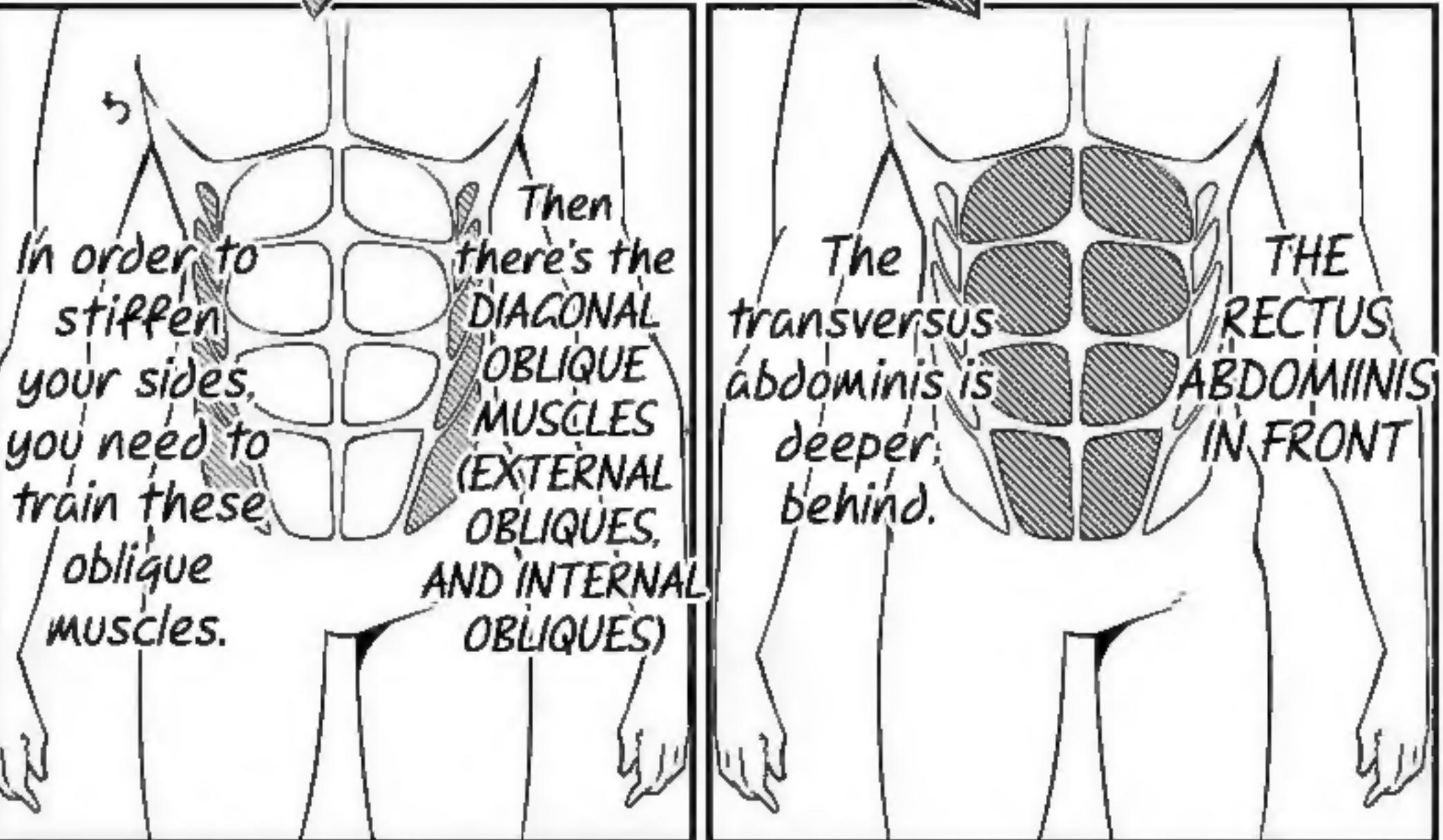
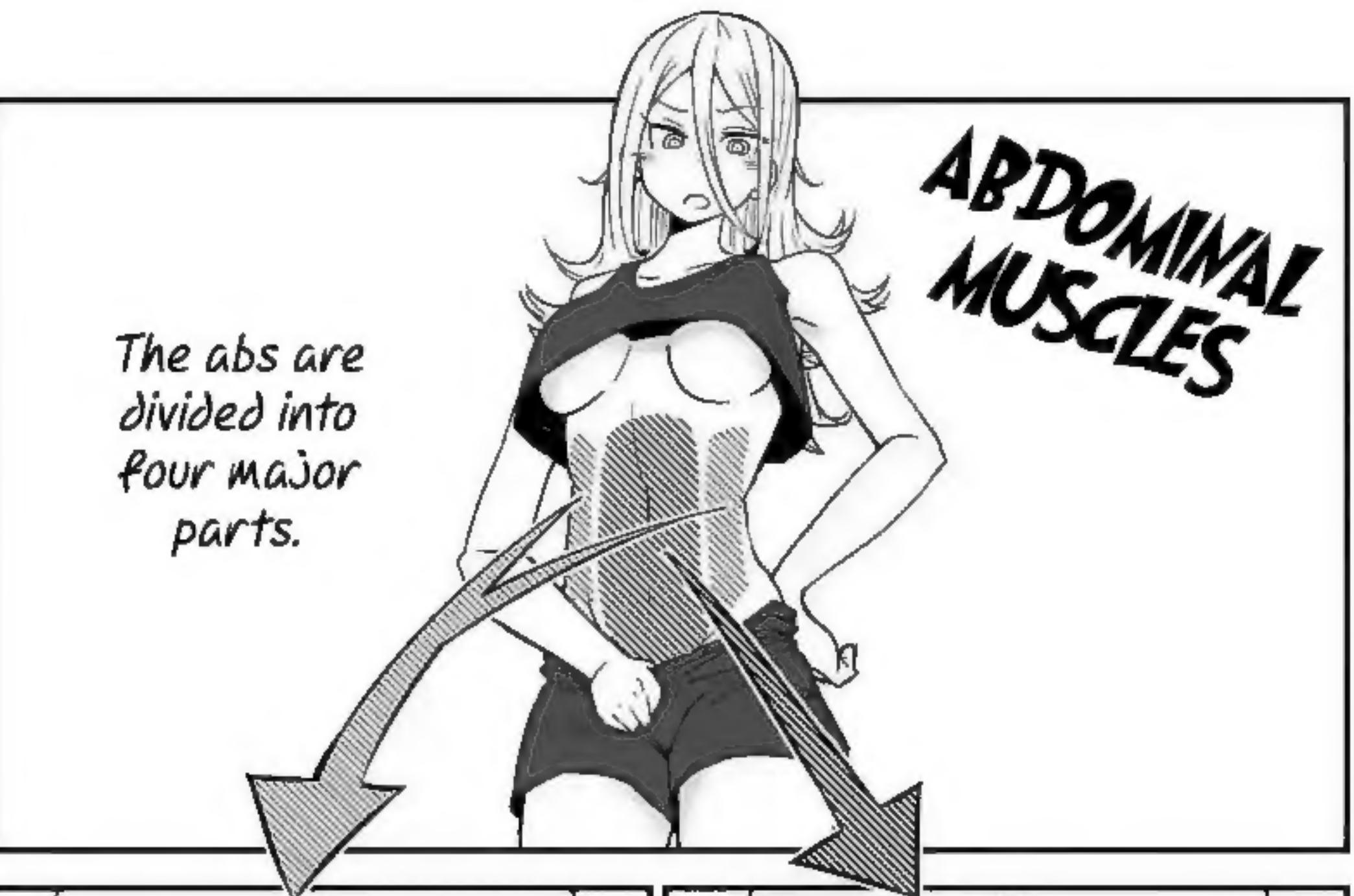






The abs are divided into four major parts.

ABDOMINAL MUSCLES



There are some you can do without using equipment, like sit-ups which involve twisting your upper body.

-Touch your elbows to your opposite knee-



We will introduce you to a number of exercises that train your abdominals.



SIDE BENDS

If you are using equipment, we recommend the SIDE BEND.



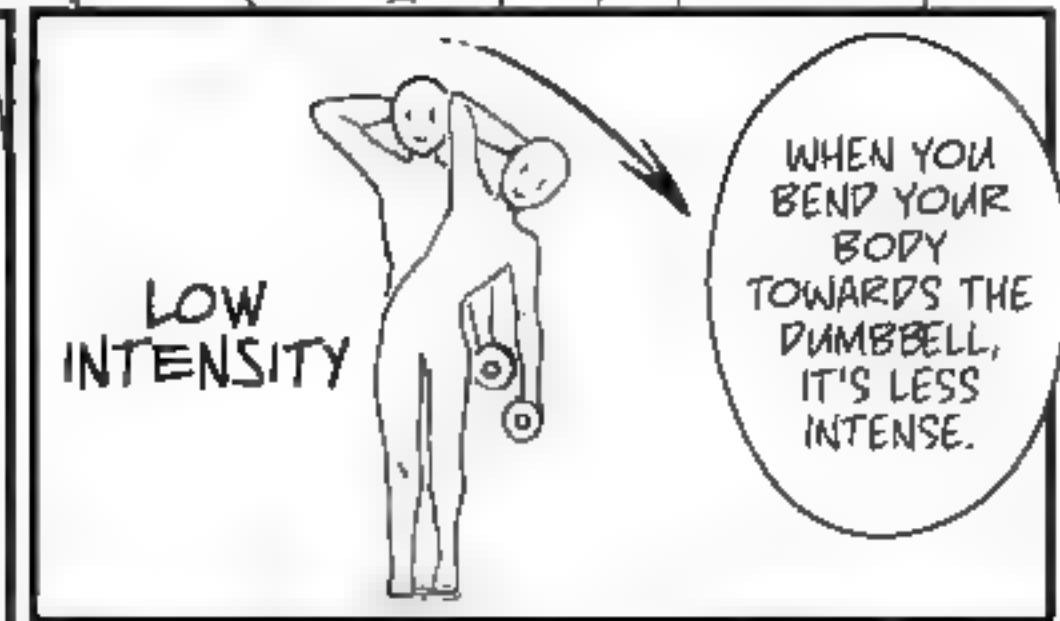
Bend your upper body towards the dumbbell, then return to your original position.

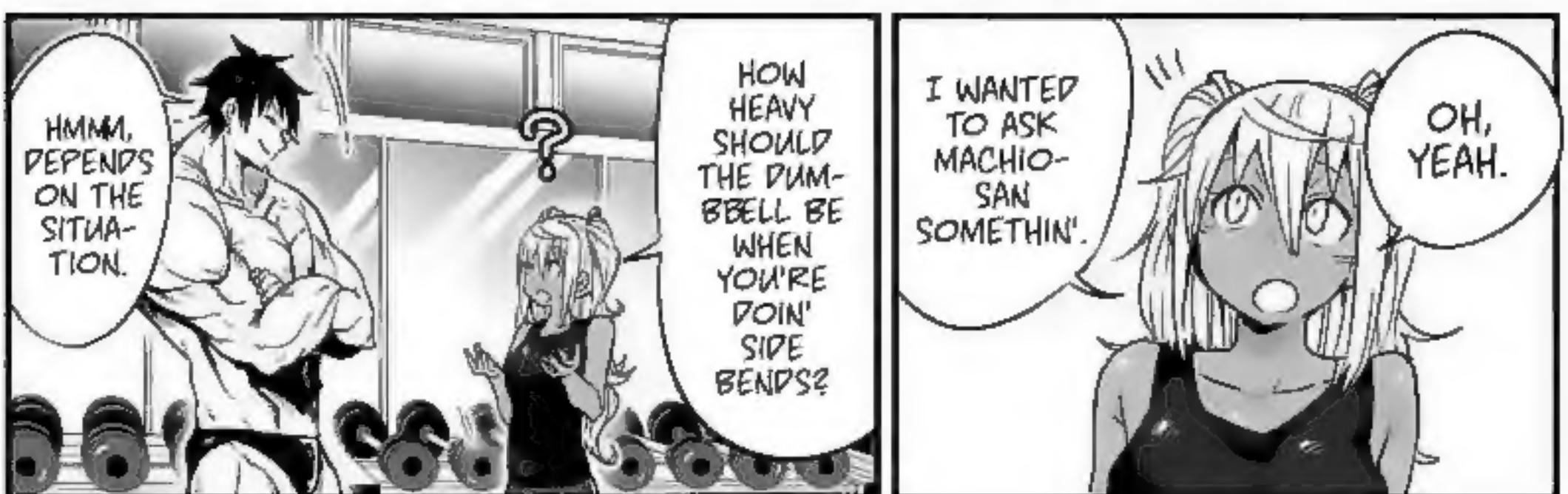
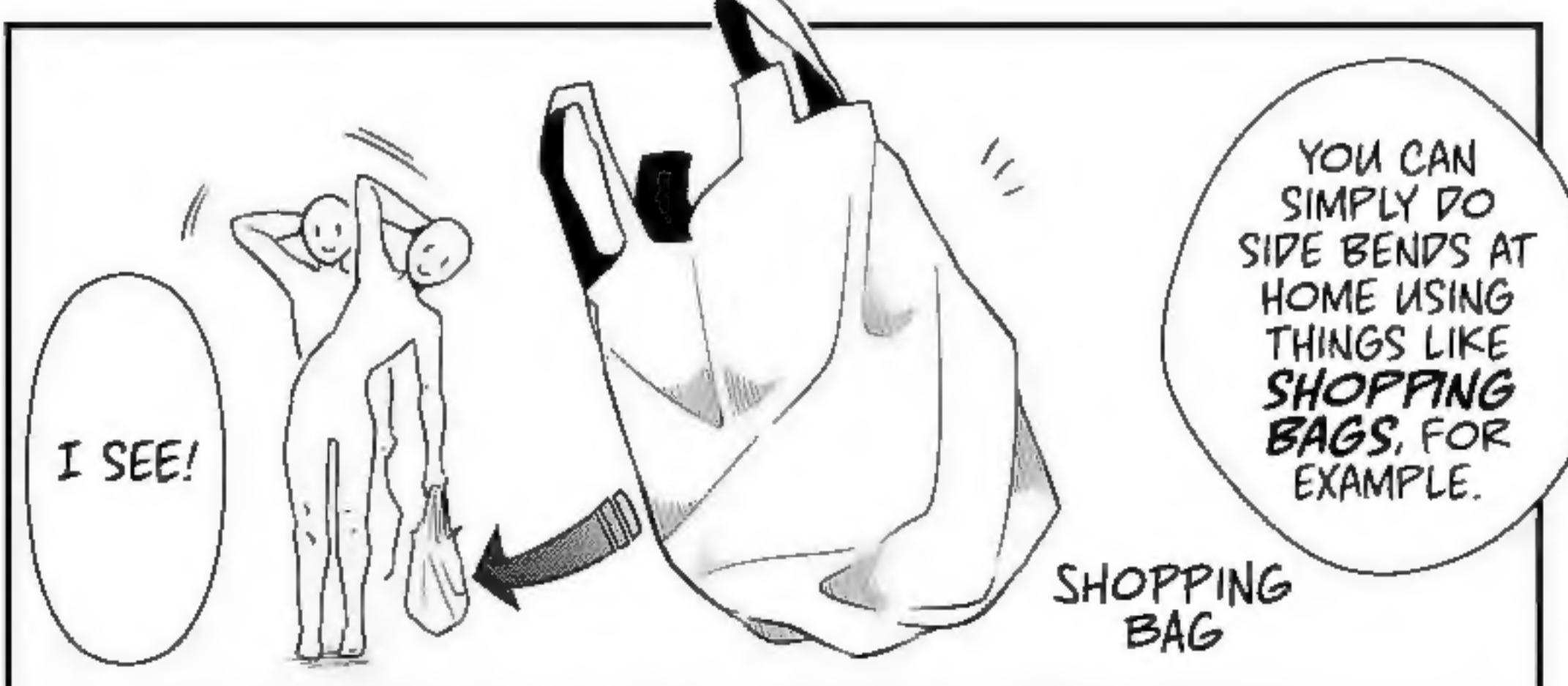
Try to go through this motion 15-20 times while focusing on your obliques contracting.



Let's aim to train
not just your
rectus abdominis,
but also your
obliques,
so your entire
belly is
beautiful.



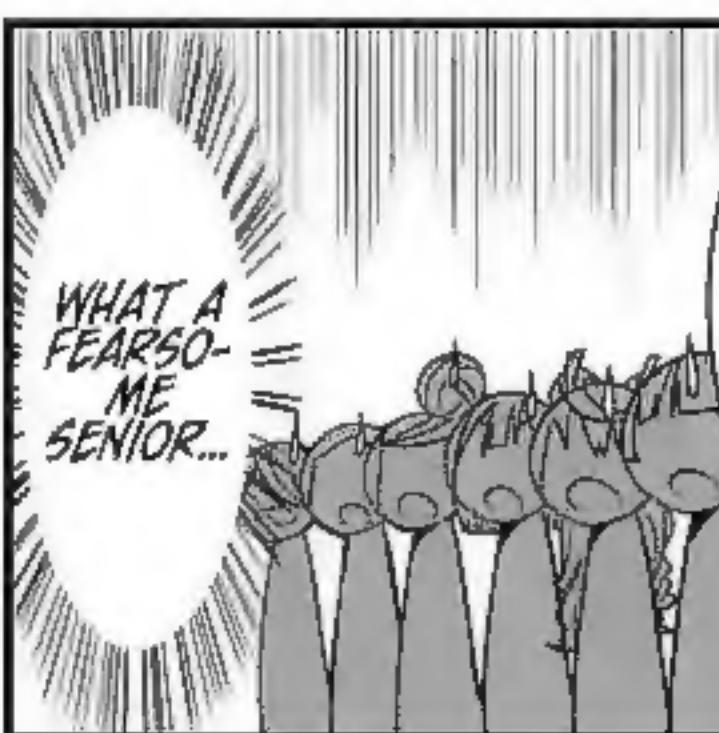


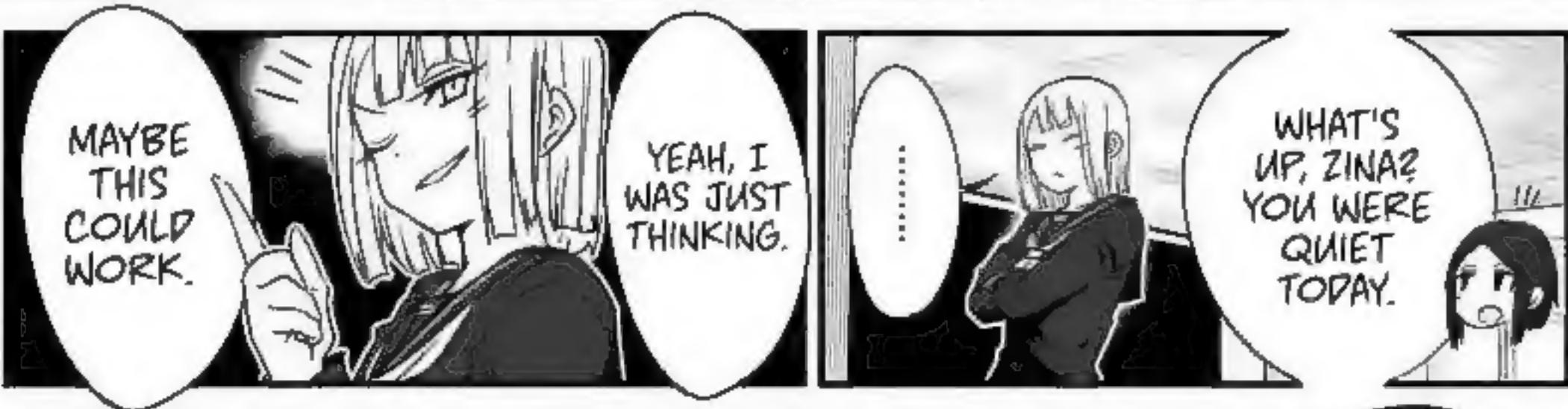
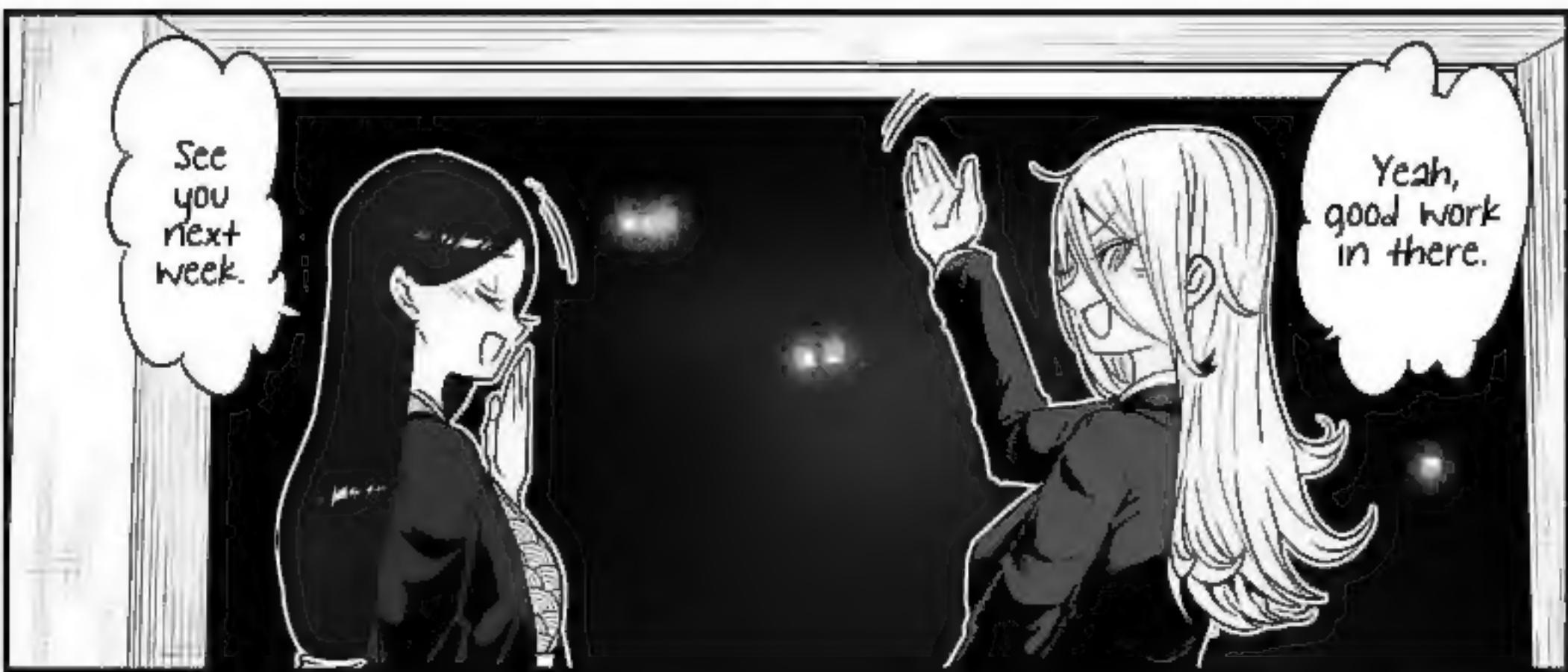


SHE'S
EASILY
LIFTING
THE
HEAVIEST
WEIGHT!!!

And it's
the harder
difficulty
version!!!

Oh, this
works!
This feels
great!







SAME BREED

